



NBJ Views

Tax Twinkies, Not Thoughts

New Tax Threatens Survival of Free Newspapers

By now you've probably heard of Governor Wilson's budget balancing package that includes taxes levied against previously exempt items from snacks to newspapers. While we will never understand why our package of Ho Hos is taxed and a doughnut isn't, we should know that the new taxes may also cost us our free newspapers.

Small neighborhood newspapers like the *New Bernal Journal* operate on shoestrings. The *NBJ* is part of the San Francisco Neighborhood Newspaper Association (SFNNA) which includes other neighborhood newspapers such as *The New Fillmore*, *Marina Times*, *Richmond Review*, and the *Tenderloin Times*. Like the *New Bernal Journal*, these papers provide the local news and stories about their communities that is not covered or ignored in the larger papers. "This new tax is inequitable in that it will destroy most small papers which supply an assortment of communities with important information that will otherwise be unavailable," stated Senator Quentin Kopp in a recent legislation that calls for the exemption of non-profit and free publications.

The burden of the new 8 1/4
- Continued on page 14

Una Escuela Pre-Escolar En Bernal

Por: Maria Villazana-Ruiz
Edelfina Coria

Bernal Heights Pre-school ofrece un currículum de experiencias educativas apropiadas para niños de 3-5 años. Por medio de actividades en arte música, ciencias y juegos planificados los niños se estimulan y se les facilita lograr su potencial máximo en un medio ambiente que reconoce que cada niño es único y donde se respetan las diferencias entre cada uno. Tanto la maestra como la asistente hablan español y inglés y el programa toma en cuenta las necesidades bilingües y multiculturales de los niños en el desa-

trollo del currículum. El año pasado aproximadamente 80% de los niños hablaban solo español, otros niños hablaban inglés y otros idiomas. También se incluyen actividades fuera de la escuela, paseos mensuales relacionados al currículum, participación en el programa de ejercicios para niños en Bernal Gym, Hora de Cuentos en la biblioteca, y usamos el patio de recreo directamente detrás del centro.

Me sorprendió cuando comencé a trabajar en la escuela este enero que muy poca gente sabe que el programa existe aunque tiene 8 años en el mismo lugar.

- Continúa en página 7

29th ST. Clinic Survives

Slated for closure in the Health Department budget, the 29th Street Adult Outpatient Clinic was spared the fiscal ax by Supervisor Kevin Shelly and the Finance Committee of the Board of Supervisors. Supervisor Shelly, following his expressed intentions of not closing any health facilities, secured restoration for \$100,000 funding for the 29th Street Clinic. A total of \$1.7 million in health and human services budget cuts were restored by Supervisor Shelly and the other two Finance Committee members, Supervisors Jim Gonzales and Terrence Hallinan. In addition to the Adult

Mental Health Services at 29th Street, crisis services at Mt. Zion Crisis Clinic and mental health services in Chinatown were restored. At this writing, the revised budget is still being considered by the full Board, but those who have lobbied for the clinic feel the votes are there to retain it in the final approved budget.

This was the third year that the Health Department has attempted to balance its budget by cutting a variety of services in the southeast sector of the City, and specifically the 29th Street Clinic. A board range of neighborhood residents rallied again this year to mount a lobbying effort to inform Board members of the importance of this clinic to the neighborhood and the southeast sector of the City, emphasizing the importance of the Filipino bi-lingual social worker position and the clinic as a community resource.

- By Gerald Whitehead

Inside this Issue...

Seniors on the Go



Seniors in Bernal find the added rewards of being sixty-something (and then some) through free and reduced admissions to the City's best attractions...page 13.

Get a Job!



Bernal young people tell of their experiences as participants in summer youth employment programs...page 12.

And the Wall Comes Tumbling Down



Fed up with drugs at Holly Park, neighbors succeed in having the "Green Monster" removed from their park...page 4.

People on the Hill

Writing Happier Endings for Evictions

Sgt. Frank Hutchins finds alternatives to the sidewalk



A Bernal resident since 1965, Frank Hutchins has participated in numerous block clubs and as a member of the Board of the BHCF. He is also a dedicated volunteer distributor of the *NBJ*.

The Sheriff's Department has the difficult duty of enforcing court ordered evictions. When they run into trouble, they call Sgt. Frank Hutchins of the Eviction Assistance Program. But Frank doesn't perform strong-arm tactics to forcibly remove tenants from their homes - he comes armed with knowledge and resources.

Frank's outstanding working relationships with numerous social service agencies from mental health to housing resources, allows him to place evicted tenants on positive and hopeful paths. "Evicted tenants who are elderly, disabled, with children, or in wheel chairs often times have no where to turn," says Frank, "Through landlord profiles

- Continued on page 5

New Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Foundation's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Community Foundation.

Advertising: 206-2144

Editorial Deadline for the October 1991 issue is 9/13/91.
Advertising Reservation Deadline: 9/20/91. Ad Material Deadline: 9/27/91
We reserve the right to edit for clarity or space.
Circulation for this issue: 8,000

New Bernal Journal Staff/Volunteers

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Art Production	Victoria Graphics
Distribution	Terrence Ireland, Gerald Whitehead, & a cast of hundreds!
Contributors	Denise Taylor, Lisa Krieger, Maria Villazana-Ruiz, Gerald Whitehead, Imre Mandoki, Helen Heller, Jeanette Conley, Jessica Murray, Barbara Pitschel, Rey Ibay, Mauricio Vela, Jacqueline E. Letallen, Martha Kegel
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Editor's Corner

STOP Means Stop!

Talk about ironic. CPOP Officer Rey Ibay asked me to write about the chronic problem of cars running stop signs on Cortland and Crescent Avenues. That week, my little sister's cat was hit and painfully died on the intersection of Crescent at Andover. The following week, guess who's car is hit by some idiot running a stop sign on Crescent Avenue - yours truly, the Editor.

Responding to numerous complaints by and concerns of residents about the safety of their neighborhood, Officer Ibay staked out the intersection of Cortland Avenue and Andover Street. In one afternoon alone, he gave out 27 citations for running the stop

signs. "The sad part is that 17 out of the 27 cars that I ticketed for running the stop lived in Bernal," reported Officer Ibay, who was dismayed to learn that *our own* residents created this ongoing problem and safety hazard.

I have filed a hit and run police report (as an editor, I hand a pen in my hand and got the %\$&*s license plate). My insurance company will repair the damage to my car, my rage and nerves will both eventually calm down and life will go on. Unfortunately, it would not have been this easy if a human being happened to cross that intersection on that day.

It's sickening to think that it could have been someone's son or grandmother walking across that intersection when that moron came speeding down Crescent

Bernal at its Best

I'm writing to tell you what a great newspaper the *NBJ* is, and how proud I am to distribute it in my neighborhood. I especially want to compliment the work of the editor, Vicki Victoria. The editors that have preceded her are a tough act to follow. They've been smart, progressive, wry, witty, informative, dedicated people like Jerry Schwartz/Rex Coultas, Ann Kyle and Steve Chapple. The *NBJ* serves and represents Bernal Heights very well. I think the key change for the best was when the Board of Directors of the Bernal Heights Community Foundation (BHCF) took on the responsibility for raising the funds for and subsidizing the *NBJ*. Under the BHCF, editors like Barbara Bagot and Arthur Kalson took the paper up a big step. It continues to reflect the diversity of opinions that are Bernal at its best, and it looks better and is a smoother running operation. You can depend on the *NBJ*.

The June/July, 1991 edition was great. The fight to save the 29th Street Adult Outpatient Clinic, Revitalization on Cortland Avenue.

Fortunately, Officer Ibay is not going to wait for a tragedy to happen before putting the heat and the brakes on drivers who run stop signs in Bernal Heights. There will be more unannounced officers placed at random intersections, and more offenders will pay. We even joked about publishing the names and photos of repeat offenders in the *New Bernal Journal*. Maybe it's not a joking matter anymore!

nue, Precita Park Improvements, and the C.P.O.P. program-Bernal folks have a tradition of winning at City Hall. The BHCF's hill-wide organizing continues to contribute to efforts to benefit the community. Birds of Bernal, Hill-top History, organic gardening, and bees on Bernal-are some of the old stand-bys. The Youth Page gets better-better. And lots and lots of pictures of Bernal residents working and organizing and having fun together.

"Quilting a Memory" made me cry. I won't soon forget about Bernal Senior Program members holding their NAMES AIDS quilt panel in memory of Eleanor Chisler's son Ralph. It was the strongest article I've read in the *NBJ* in 16 years.

The *NBJ* is one of things that's best about Bernal-and that's saying a lot. You keep getting better. Thank you for the information, energy, joy, power, and community that you bring to Bernal Heights.

- Sincerely, Buck Bagot

P.S. I do have one complaint-where's the great mail box by Bernal's own Spain Rodriguez that used to head the letters section? Hey Spain-how about treating the your many fans like me to some more of your art work in the *NBJ*?

Thanks for the praise of the paper! Regarding the "mailbox" ...it was a great piece of artwork, but considering the work the community has been doing to rid Bernal of graffiti (graffiti appears on the mailbox in the cartoon), the cartoon has been retired. We hope that the artist,

Spain, is not insulted by our decision and hope that someone locates him and lets him know that we'd love to publish more of his work...soon!

- Editor

Cat "AIDS"

A stray tom cat frequenting Elsie Street in Bernal Heights was recently put to sleep. He had the F.I.V. ("F" stands for "Feline") virus, which is similar to the H.I.V. virus plaguing humans in that there is no immunization against it and no cure for it.

FIV does not pose a health threat to humans. FIV can not be transmitted to humans or even dogs. It is transferred from cat to cat through blood or saliva. Scratches or bites, usually from fighting, is a common way of transferring the virus. Since there is no vaccine to prevent the virus, it is best to have your pet neutered or spayed to lessen the chances of it engaging in a fight over territory or mates.

There are many stray cats in Bernal, and many neighbors have taken it upon themselves to care for and feed them. It would be prudent, however, to monitor these strays, as well as your own cats, for unhealthy signs such as mangy coats, coughing, diarrhea, vomiting and loss of appetite. FIV tests are available from the SPCA or your vet.

It is hoped that news of FIV will not encourage cat haters to increase their demented torturing or even poisoning of cats. Like their human counterparts, those unfortunate cats with the virus should be treated humanely and kindly by society.

- Lynn Smith



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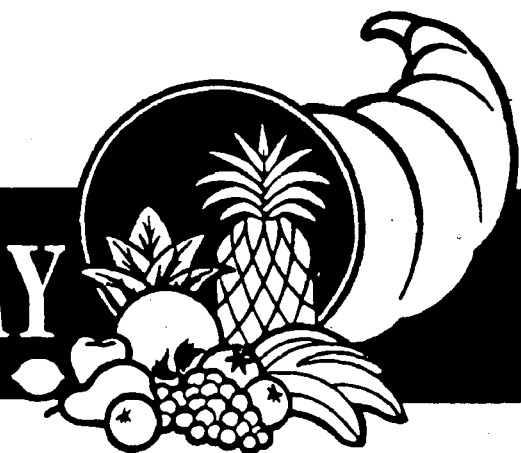
Opening in Early August

The Good Life Grocery is a full service grocery store dedicated to providing our neighbors with good, wholesome natural foods. We stock a complete produce section with an abundant selection of fresh produce that we carefully select each day at the produce market. We also carry organic produce that we purchase direct from small farmers throughout California.

We will offer fresh baked breads delivered 7 days a week from some of the Bay Area's best bakers like Acme Bread, Grace Baking and Tassajara. We will have fresh seafood and fresh poultry every day and some delicious surprises from our Deli section. Pasta and sauces from Auntie Pasta, Fresh squeezed orange juice from Odwalla, a large selection of cheeses from all over the world - All this and more will now be available here on Bernal Heights.

We believe that a grocery store should be more than a place to buy a box of cereal - it should be a place where the customers as well as employees take pride in. Where people enjoy shopping in a clean, safe environment, stocked with products that are thoughtfully chosen and displayed with care.

We hope that you give our store a look and let us know what you like. You will find we carry products you know and some you may not be familiar with. In any case, you will find shopping at The Good Life Grocery a convenient and pleasant experience. We look forward to seeing you soon!





Representative Nancy Pelosi, Helen Helfer of the BHCF and Ben Golvin of Bride Housing Corporation.

Bernal Heights Community Foundation Wins Prestigious Fannie Mae Award in National Competition

Foundation spins off new affordable housing organization

By Helen Helfer
Executive Director BHCF

The Bernal Heights Community Foundation (BHCF) was one of six non-profit housing development groups from across the country to receive the prestigious Fannie Mae housing award. Their Coleridge Park Homes development for low income seniors and disabled persons won out over 100 affordable housing organizations that applied for the award.

"These awards recognize the vital and innovative work being done by locally based, urban and rural organizations all over the country to preserve and rehabilitate existing housing and to construct new housing for the benefit of lower income Americans," said James A. Johnson, chairman and chief executive officer of FANNIE MAE (Federal National Mortgage Assoc., a congressionally chartered company and the nation's largest investor in home mortgages.)

Representative Nancy Pelosi, who attended the Awards Ceremony on Capitol Hill stated: "The Bernal Heights Community Foundation has again pointed the way for innovative affordable housing in a city where such opportunities

require great imagination, skill, and fortitude. I am very proud of their accomplishment and look forward to working with them in fulfilling our future local and national affordable housing goals."

Six years ago, BHCF convinced the Standard Brands Paint Company that the site of their new store on Mission Street was a good opportunity for a mixed-use development. After arranging for the donation of the air rights above the store, BHCF and Bridge Housing Corporation jointly developed the 49-unit apartment complex for senior citizens and the disabled. Mayor Agnos also played a critical role in convincing Standard Brands Paint Store that we could "do the deal." Stated Mayor Agnos last week: "I am very proud of the Bernal Heights Community Foundation for their early vision in initiating this unique development. It's an excellent example of positive public/private cooperation, and their hard-won Fannie Mae award is well deserved." Working with the neighbors, the BHCF team also designed a community park next to the site, which is actively utilized by the neighborhood. Coleridge Park Homes represents

the first air rights agreement between a privately held company and a non-profit housing developer.

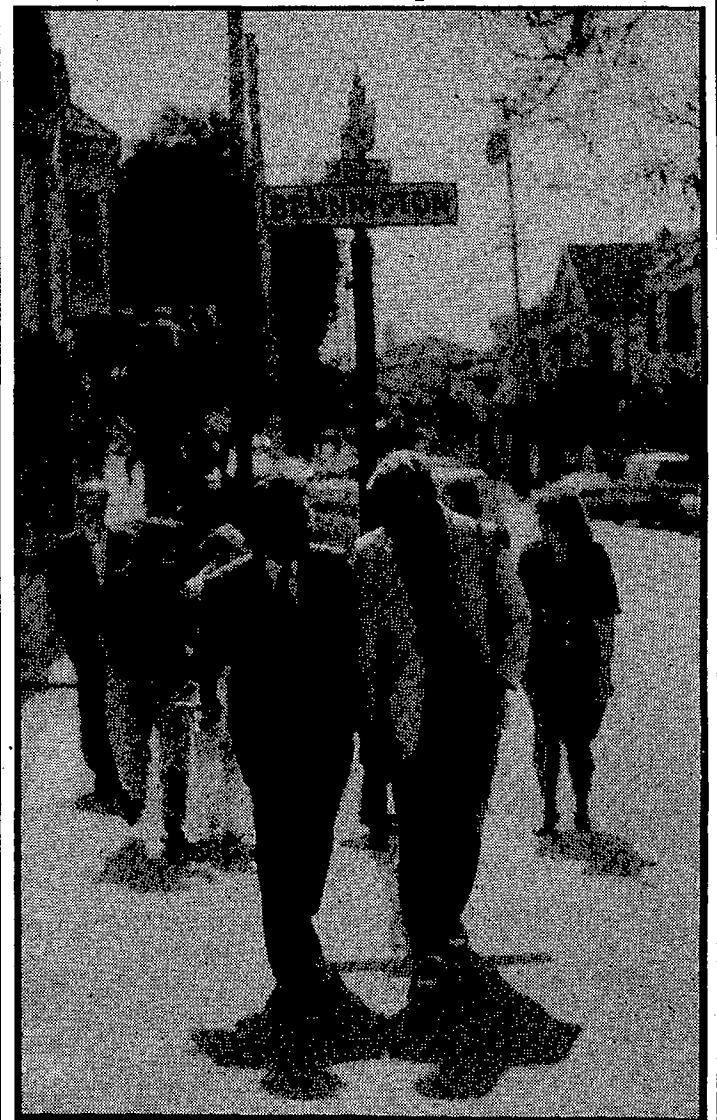
"In a city like San Francisco, where real estate is obscenely expensive, we need to be more creative in the use of space and how we finance housing," Bernal Heights Executive Director Helen Helfer said, "Coleridge Park is an exciting model for communities and cities that have clear limits on space and affordable housing resources."

In a congratulatory letter from Senator John Seymour, he stated: "Your project, Coleridge Park Homes, is an inspirational example of how local communities can provide decent and affordable housing for the handicapped and the elderly. Your efforts should become a model of efficiency nation wide."

In a related development,

- Continued on page 15

Cortland Avenue Improvements



Pictured: James Ho of the Mayor's Office of Economic Development surveys Cortland Avenue with its Merchants Association President, Imre Mandoki. The tour was to discuss the acquisition of low cost loans for facade improvements for this very promising Bernal area. Also pictured are staff members of the Bernal Heights Community Foundation, who have been working with the merchants to improve the look of Cortland through street clean ups, graffiti paint-outs and tree plantings.

Shop Cortland Avenue!

Our neighborhood has an excellent opportunity to attract new business to our commercial district. Bernal Heights is touted as an "up and coming neighborhood" by the real estate community.

Many agents are looking for businesses to locate on Cortland. Now is the time for the community to express what kind of businesses it wants. You can help by filling in your wish list. **Imre Mandoki, Pres. Cortland Merchants Association, 417 Cortland (next to BofA).**

Please indicate your priority - #1 being highest

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☐ Restaurant (kind) _____
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Community News



Men eager for work gather outside of the Day Laborer Program's trailer. The program hopes for more community support by utilizing available workers at the trailer site at 17th and Hampshire Streets.

Day Laborer Program: A Community Effort

By Denise Taylor

Do you need an experienced laborer for odd, casual or temporary jobs? If so, find out about the Day Laborer Program.

Opened in May, the Program's matching of homeowners, contractors, and merchants with day laborers saw the beginnings of an effective the following month. The delay was caused by the slow response of the community to the Program and the need of informing more of the laborers of the Program's existence and location. Previously the laborers, mainly Latino men, gathered outside the Kelly Moore Store and other sites in the Mission District looking for work. Now, prospective employers and day laborers can connect at the paved area of Franklin Square park near 17th and Hampshire streets. The Laborer Program is open Mondays through Saturdays, 7 A.M. to 3:00 P.M.

The Program's creation was a collective community effort involving representatives of community social service organizations, community residents and merchants, as well as the workers themselves. In June 1990 the Board of Supervisors approved the creation of the Day Laborers

Program of the City and County of San Francisco.

German Martinez, site manager for the Program said, "We are a workforce that wants to work. We are responsible and offer good quality. The worker's capabilities are broad".

German is looking forward to the community's increased participation in the Program. So far an average of 5 - 15 jobs are placed daily. Many more jobs are needed as the Program has a binder of nearly 500 experienced laborers in many trades for odd, casual and temporary jobs. Salaries are fair. There is no fee to hire someone or to get a job.

The procedure for hiring a laborer is orderly and easy. Prospective employers park in the paved stalls across from the hiring office, a compact trailer in Franklin Square. Employers should enter the office and place their request with the site manager, describing the skills needed for the job. The job will then be raffled among a qualified pool. The entire process is quick, taking a few minutes. Also, an employer may bypass the process by picking up laborers they already know and prefer.

Previous employers have been

very satisfied with the quality of the work performed. Mrs. Steinberg, a homeowner on Noreiga Street is pleased with the calibre of the gardening work that she contracted as was Theresa, an employee with the landscaping firm of Plant Design. Calvin Chow, owner of the Valencia Medical Pharmacy, also recommends the Program's workers. He has used workers for sanding doors, light painting, and other cleanup jobs. Mickey Rosado, business service manager for the Mission Economic Development Association, uses day laborers for its Steam Cleaning Project which entails cleaning of sidewalks. Lisa Gonzalez, a Mission resident, had her car repaired and felt the work was fast and the cost reasonable.

The Day Laborers Program is planning a job fair, tentatively scheduled for the third weekend in August. The goal is to provide 100 jobs to 100 laborers. "The weekend will be a statement to the laborers showing they count," said German.

Employers can learn more about the Day Laborers Program and the job fair calling either the Day Laborers Program at 554-1377, or Mauricio Vela at the Bernal Heights Neighborhood Center: 648-0330, or Phil Zamora at the So. of Army/Mission Merchants Association: 285-0209.

What's Up and Down In Bernal?

by Mauricio Vela, BHNC Center Director

In the southern part of the neighborhood the So. Bernal Neighbors Association was successful in having the "Green Monster" (the green wall surrounding the carousel) torn down and renovations started in Holly Park. New fencing around the children's and baseball playing area, rehab of the barbecue area, and additional lighting will complete this project.

The Holly Court Tenant's Association (HCTC) is sending two tenants to Boston July 30 - August 4, for a resident self-management housing conference. All costs will be covered by the S.F. Housing Authority. The HCTA is also successfully running a summer recreation program headed by tenant Cynthia Patton (see story on page 12) with participation increasing at the after school program.

The Andover, Bache, Crescent, and Moultrie Block Club is circulating petitions and collecting donations from neighbors to have "safe signs" erected on their respective blocks. In addition to allowing the meeting and organizing neighbors in the area, the Block Club has also successfully dealt with the Friday night parking problem on Crescent and Andover. Kudos to all who have made this happen.

The Alemany Tenants Council (ATC) was successful in obtaining a \$40,000 technical assistance (TAG) grant from the U.S. Department of Housing and Urban Development (HUD). This grant will allow the ATC to prepare themselves for resident self-management. The ATC will also be sending representatives to a housing conference in Boston. The Council has recently incorporated and is now a 501c.3 (non-profit) organization. Congratulations to the tenants.

In the central part of the neighborhood there is good news regarding the Bernal Playground. Raymond Hearnd has been placed at Bernal Playground as its new Director. Raymond, a grandfather of six, brings experience as a basketball coach and intramural director to the site, as well as his experience as a counselor and probation officer for the Juvenile Court. He would like to play a large part in organizing activities in the community and assisting neighborhood youth in the development of

their social skills. The renovation of Bernal Playground inspired Superintendent Joel Robinson and a group of directors and architects to visit the Discovery Zone in Fremont. This is an indoor playground which Rec & Park would like to replicate in our Bernal Playground. Look for a community meeting to be held in late August to review plans or contact me at the Neighborhood Center, 515 Cortland. CPOP Officer Rey Ibey has cleaned up the children's area in the Bernal Playground. Please go down and utilize the park - and thank Rey when you see him or leave a note for him in his "mailbox" at the Neighborhood Center.

The new "Good Life" Grocery Store, located at Andover and Cortland, had its Open House in late July. Many neighbors attended and "Good Life" was a great host providing good food and drinks. Look for the store to open up for business around August 5. The store has expressed commitment in hiring neighborhood youth. See Don Lee Hall, Job Developer, at the Neighborhood Center for more information.

On the Precita Valley side of the Hill, fishing is on the upswing. Martha Fabiani, our CPOP officer for the North West and Precita area, coordinated deep sea fishing trips during July in the Pacific Ocean for 16 youth from the Precita Center. Two boats were chartered and all of the youth had fun. No cases of sea sickness reported. Next trip is scheduled for August 7.

The No. West Bernal Block Club has been investigating the building at 129 Elsie St., resulting in the owners removal of a 2 1/2 foot roof extension. The number of "stop signs" in the area will increase within the next three months thanks to the block club's efforts. Efforts also include having left turns allowed at the corner of Army and Valencia so drivers won't use Precita Ave. to make their left turn onto Mission St. A push is also being made to neighborhood merchants that operate on Friday and Saturday nights to provide security specials to enhance public safety.

In the October column of What's Up and Down in Bernal, look for an updated neighborhood group directory so that you can "plug into" your local neighborhood group.



Cynthia Patton, Holly Court Recreation Program Staff



Bernal Playground's new Director, Raymond Hearnd.



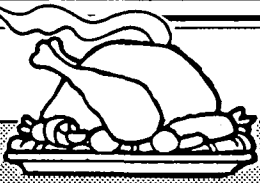
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Living on the Hill

Who Can Afford to Live Here?

(A Quiz on Affordable Housing and Homelessness)

People polled recently by the The San Francisco Examiner ranked homelessness and the lack of affordable housing as two of the three worst problems facing the city. It may be surprising to learn the facts about these issues. Test your knowledge with the quiz below.

- Between 1970 and 1989, the median rent in California rose _____ percent more than median household income.
a) 13% b) 52% c) 101% d) 132%
- _____ percent of Bay Area households can afford to purchase the median priced home.
a) 11% b) 25% c) 50% d) 61%
- Which group is the fastest growing segment of the homeless population?
a) the mentally ill b) families with children
c) the elderly d) substance abusers
- _____ people were estimated homeless in S.F. on any given night in 1990.
a) 200 b) 2,500 c) 8,000 d) 13,000
- Federal government spending on affordable housing programs since 1980 has:
a) Dropped 82% b) Dropped 39%
c) Stayed the same d) Increased 16%
- _____ is the greatest single factor leading to the homelessness crisis.
a) mental illness b) lack of affordable housing
c) drug and alcohol abuse d) unwillingness to get a job
- The 1989 Loma Prieta Earthquake destroyed or damaged _____ housing units in low and moderate income neighborhoods in San Francisco.
a) 400 b) 2,000 c) 4,000 d) 8,000

Answers:

- c. Median rent in California rose 101% more than median incomes.
- a. Only 11% of Bay Area households can afford the median priced home, which in 1990 was \$261,000. The median price has more than doubled in the last decade. Between 1970 and 1988, the median of a California family increased 234%, but housing costs increased 580%.
- b. Since the early 1980's, families have become the fastest growing segment of the homeless population, increasing by an estimated 25% per year across the country. Estimates show that families make up about 34% of all homeless people in the United States. Single-parents families (usually a mother with one or two children) constitute 75% of all homeless families in America. In the Bay Area, 73,510 parents and children were homeless for some period during the year ending June 1990. This is a 16% increase over 1989 figures.
- The mentally ill and substance abusers each make up 25% of the homeless population, largely due to the nation's failure to create adequate housing and community-based treatment for them. Free substance abuse treatment programs in S.F. have 3,798 low-income people are on the waiting list.
- c. An estimated 8,000 San Franciscans were homeless on any night in 1990. Research has found that in a given year, the number of people who were homeless at some point in that period is about three times a one-night number.
- a. Federal spending on affordable housing programs has dropped 82% during the Reagan/Bush years, factoring inflation.
- b. Lack of affordable housing is the greatest single factor leading to the current homelessness crisis, according to experts on the problem. Hundreds of thousands of units have been lost as owners converted them to tourist hotel rooms, expensive apartments, condominiums and offices. Since then, the number of poor households has increased by 25%, but very little new housing has been built.

Experts also attribute this explosion as the creation of income gap. This gap in the 1980's between the rich and the poor was the largest since at least 1947, when statistics started being kept. The number of millionaires nearly doubled and sharp reductions were given to top individual and corporate income tax rates. Poverty exploded, with as many as 32 million Americans now living below the poverty line.

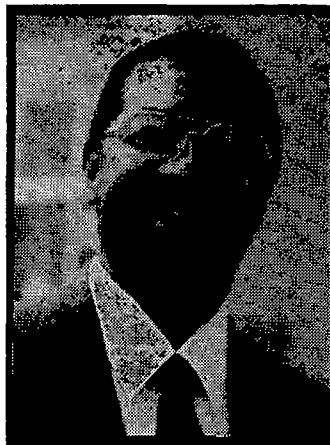
- c. The 1989 earthquake exacerbated already poor housing conditions by destroying or damaging 4,000 units in low and moderate income neighborhoods in San Francisco. There is now a shortage of about 95,000 low-income housing units in the Bay Area.

Survey sources: California Senate Office of Research, Bay Area Council, National Low Income Housing Coalition, HomeBase, National Conference of Mayors, California Department of Social Services, National Alliance to End Homelessness, SF Dept. of Public Health, City and County of SF Residence Element, July 1990.

How Can You Help? To volunteer time or give money to help the people of San Francisco and the Bay Area achieve a decent place to live, contact:
Mindy Linezky, Bernal Heights Housing Corporation, 648-0330. HomeBase, 1535 Mission St., SF 94103, 431-7430. Habitat for Humanity, Oakland, 863-2711.

Martha Kegel lives on Banks Street in Bernal Heights and recently became a full-time law student. This quiz was adapted from one created by Dara Schur of the Western Center on Law and Poverty and includes information provided by HomeBase.

New Faces on the Hill



Don Lee Hall, Youth Job Developer

Carol Corr is the new Rehab Associate at BHHC. She will explore the possibilities of housing in Bernal Heights for special needs populations such as the elderly, handicapped, homeless and low income.

As the new BHNC Youth Job Developer, Don Lee Hall will assist Bernal youth find employment and re-creation. His management and development skills will help 16-27 year olds train for and find jobs in today's tough market.



Carol Corr - Rehab Associate

Happier Endings...

- Continued from page 1

of their tenants, we are able to get these people referrals and assistance before the eviction date." Frank recalls a situation where two tenants being evicted both had later stages of AIDS. "We contacted the AIDS Foundation and found housing and health care for them," explained Frank. "They were being evicted for lack of cleanliness. But they reached that condition because they could no longer take care of themselves."

The Eviction Assistance Program in San Francisco was initiated by another Bernal resident, Sheriff Mike Hennessey. Several years ago, the sheriff realized the growing problem of homelessness and that many of the people being displaced needed special attention. When the program first began ten years ago, it was established to assist the city's evicted elderly.

Currently, many elderly, as well as families with children, are being forced out of their Section 8 housing

units by landlords who opt for market rate rents when their contract with the government expires. Frank explains that if a court has approved and ordered an eviction, their program has to oblige. Frank, however, believes that working neutrally with both the



Sheriff Mike Hennessey

tenant and the landlord in advance, tenants can move out voluntarily before the unpleasant and often expensive last resort of a court ordered eviction.

Tenants being evicted are often

surprised when Frank arrives. "You're here to help me?" is a common reaction when I'm called in on a case for the first time." In a recent case of a Bernal couple with 2 small children and one on the way, Frank was able to help the family put their personal items into storage, find temporary housing and introduce the family to housing and job placement services and tap into data bases for apartments geared to low income tenants. However, he explains that it isn't always this easy. One case involved a woman who had returned to her Bernal home from a lengthy hospital stay only to find out that the owners had signed papers to sell the house. "We can't get involved legally, but we can ask for more time," explained Frank, who extended the eviction date in order to locate a home for the woman to convalesce in, "I'm always hopeful things will work out - you do the best that you can and think positive."

- By Vicki Victoria
For more information on the Sheriff's Eviction Assistance Program, call 554-7225.

WHAT IF?

by: CPOP Officer Rey P. Ibay



Strict adherence to crime prevention measures will greatly minimize one's chance of being victimized by criminals; but, as a rule, there will always be an exception. Some people who become victims of crime are the most cautious persons. Hopefully, you will not be the exception, BUT WHAT IF?

What if you are confronted by a robber? Acting intelligently is a MUST in this situation. Your life can be at stake under these circumstances. The most important step to take is to remain cool and calm. TAKE A DEEP BREATH! Criminals are usually excited and maybe easily provoked because most of them are either under the influence of drugs or alcohol, or both. Giving in or not giving in to these parasites would be your own personal decision. In broad terms and with certain limitations, the law allows us to apply any method or force necessary in defense of our life. You and you alone can make the decision whether to defend yourself or not. Acting intelligently, I repeat, is a must. Nothing in your possession is worth more than your life or the lives of those persons around you. You must be ready to ask yourself if your life is worth more than your money and/or property. In that very same moment, you must be able to answer and make a decision.

Remaining calm and cool during these violent moment will help you get a good look at your assailant. Descriptions, mannerisms, features, etc., which you can remember about the robber will greatly assist us, the police, with our investigations and, hopefully, speedy arrest of the culprit.

With the police and you, members of the Bernal Heights community, working jointly and diligently in battling these criminals, we can make the neighborhood safe.

Officer Ibay can be reached thru the CPOP 24 hour message line: 333-3433.

Market Heights: Affordable Housing for Families

The Bernal Heights Community Foundation is proposing an affordable family housing development near the Farmer's Market. If you think you qualify for one of the units and would like more information, please fill out the form below and mail it to:

BHCF, 515 Cortland Ave, San Francisco, CA 94110.

Name _____ Phone _____

Address _____ City _____ Zip _____

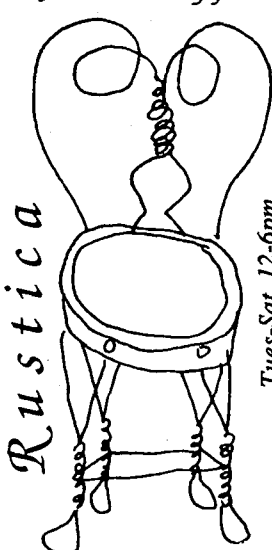
Size of unit needed: 1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Current Income Maximums

(1990 figures, adjusted every year):

For a family of 1: \$18,100	For a family of 4: 35,700
For a family of 2: 28,550	For a family of 5: 37,950
For a family of 3: 32,150	For a family of 6: 40,150

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New Bernal Journal, 515 Cortland Avenue, SF, CA 94110

Arts & ENTERTAINMENT



Photo by Vicki Victoria

Members of the Bernal Women's Artist Group, Beverly Carey-Koenig, Phylliss Kirson and Susan St. Thomas, are bringing women artist on the hill together to share their creativity and support.

From the Kitchen to the Studio to the Laundry Room

Women Artist in Bernal Organize a Support Group

Over a dozen artists in Bernal Heights have recently formed a group based on their common interests: art and being a woman artist.

But why just a women's art group, when there are so many male artists as well? The Bernal Women's Artist Group (BWAG) explains that the formation of their group was not based on a separatist attitude, but based on the need for support amongst peers.

"We share specific concerns and issues as women," explains member Phylliss Kirson, a clay and multi-media artist, "Working combined with mothering and finding a place for art in our lives requires a lot of support that other women go through and understand."

One of the group's founding "fairy godmothers" ceramic artist Beverly Carey-Koenig further explains, "There are many artists on the hill, but no real sense of organization amongst them and no meeting place. We would like to

make our art more public in a supportive atmosphere and creative environment through BWAG."

The group is planning to organize a group show as part of the City's "Open Studio" exhibit in mid-November this year. They hope to interest more women artist in Bernal to participate.

"The nature of art is to work in isolation," says painter Susan St. Thomas, "We want to come together, from the kitchen to the studio to the laundry room."

For more information about BWAG and meeting dates, call Beverly at 648-4916.

Bernal Heights Festival Update

The Annual Bernal Heights Arts Festival has a new name, "Fiesta on the Hill" which will reflect the cultural diversity that goes along with the yearly festival. This year's festival will continue to showcase the visual and performing art talents of our residents through artist exhibits,

tables and displays. Live music by local neighborhood talent will highlight the festival's date of October 19, 1991. The Fiesta will also provide community information and education booths, as well as food booths for the hungry crowd.

A search for a festival coordi-

nator with strong organizational, public relations and fundraising experience occurred in late July. Those interested in the paid, temporary position can contact Mauricio Vela at the Bernal Heights Neighborhood Center at 648-0330 to check on the position's availability.

Fiesta on the Hill - October 19, 1991

This will be the third year of this neighborhood festival that celebrates the artistic talents of our community residents. Keep up to date with the festival by sending in this response today!

I would like to participate in the Arts Festival as a:

() Musician () Performer () Visual Artist () Food Vendor () Volunteer
() Planning Committee () other:

NAME:

PHONE:

ADDRESS:

RETURN TO: BERNAL HEIGHTS FESTIVAL, 515 CORTLAND, SF, CA 94110

Walking Blues

By Jacqueline Elizabeth Letalien

"Walking Blues" is a title that comes from an old hippy's musical experience. In the folk song/coffee house days, singers would do a tune called the "talking blues". The musical background was always the same, and the singer's voice settled into a half talk, half sing semi-monotone. The words told stories in the tradition of the old balladeers and related experiences that revealed that the daily news of people's lives. The blues part had to do with the musical relationship to southern blues tunes.

This tradition has evolved into the "walking" aspect of this column's title. I am a walker, without an auto. What I appreciate about walking is that I get some great exercise without jamming my joints jogging. I also see the city life in a clearer, more personal and specific way. I discover things at a slower pace that aren't seen from the enclosed state, whizzing pace of riding in a car.

I saw my first CPOP cop at work the other day. That was quite an experience. The police seem more human and accessible when on foot or on bike. I feel confident that they are seeing things they usually miss riding in a car. I also was transformed from old activist cynicism and actually thought of the police officer as a human being, not an accessory to a vehicle or adjunct to a distant bureaucracy. I walked away smiling because here is a person in authority who really gets down and knows something about my experience from my point of view: street level and on foot.

I am filled with a real sense of my neighborhood by walking. I learn the danger zones so there aren't any rude surprises when I step out of the safety of home or vehicle. I enjoy the sweet surprises like secret gardens and walkways, hidden parks, beautiful and inspiring murals, grand old trees. I have the opportunity to meet neighbors and even pause to chat.

There is some wonderful architecture, quaint houses in this neighborhood. The business district on Cortland Avenue reminds me of a country town main street. There are small shops, cafes, grocery stores that offer the opportunity for feeling like a human being who is part of a neighborhood. The people are neighbors with faces and stories and smiles.

If you are a bit nervous about walking city streets, walk with a friend. Ask a CPOP cop for ideas of safe places to walk. Stroll Cortland Avenue; walk a block in your part of the neighborhood, hike up Bernal Hill. Your legs and courage will strengthen. Walking is a delightful, exhilarating way to ease away the blues.

BERNAL CALENDAR

Community Meeting on Market Heights

Wednesday, August 14th, 7:00 p.m. The Bernal Heights Housing Corporation (BHHHC) invites the community to learn about updates on new architectural design, application process and planning status. Childcare is available. Call 648-0330 for more information. Neighborhood Center, 515 Cortland Avenue.

Mural Walks, Saturdays

1:30 p.m. Precita Eyes Mural Arts, a non-profit, community-based mural center, is offering walks highlighting its mural work in the neighborhood. Each tour includes an introductory slide talk by muralist from the center. \$3.00 general, \$1.00 children, students and seniors.

Farmer's Market Harvest Festival, Saturday

August 17th. Located at 100 Alemany Boulevard, Farmer's Market celebrates its 48th anniversary of providing food fresh from the farm. Don't miss the Garlic Wreath Award Ceremony at 11:00 a.m. Call 647-9423 for more information.

Community Meeting & Dinner, Tuesday

August 20th, 5:00 p.m. Join the Bernal Elders Support Team for a delicious dinner and learn about the

work that the community is doing to improve services to seniors who need assistance. Neighborhood Center, 515 Cortland Avenue. Free.

Bernal Heights Preschool Open House

Wednesday, August 28th, 12:00 - 2:00 p.m. Neighbors are welcome to learn more about this bilingual learning environment for children 3-5 years of age. Multi-cultural sensitivity, community collaborations and parent participation are some of the goals of the preschool that is free to young children of low income families. 500 Cortland Avenue (under the library). Call 550-4395 for more registration and general information.

St. Anthony's Fall Festival, Friday - Sunday

September 27th - 29th. The community is invited to enjoy delicious food, refreshments, games and prizes at this annual fundraising festival. Fun for the whole family! A Grand Raffle features a drawing of a \$1,000 prize. Folsom Street between Army & Precita. Call 647-2704 for more information. Free Admission.

We will consider calendar submissions from your Bernal group or organization. Send in your announcement by September 15th for our October Issue.

Noticias de la Comunidad en Español



Tony Coria, Connie Vega, Miguel Gallardo, Manuel Lopez, Asistente Edelfina Coria, Rosa Lopez.

Photo by Miguel Gallardo, Sr.

Pre-Escolar

- Continúa

Uno de mis objetivos el año entrante es ser más visible y tener más involucramiento en la comunidad. Nuestros niños viven en el barrio, sus padres hacen compras y trabajan en el barrio—es lógico que exista más coordinación. La escuela no debe de funcionar aislada, tenemos mucho que ofrecer a la comunidad e invitamos colaboraciones con grupos o personas interesadas en el programa. Uno de los elementos del programa es la sensibilidad a las necesidades multi-culturales; esto se puede lograr por medio de colaboración entre la comunidad, participación de los padres, talleres educativos y proyectos y eventos especiales.

Bernal Heights Pre-school es

una escuela Estatal y es gratis para familias de bajos ingresos. La pre-escuela es parte del Community College District, es administrada por el Parent Education Program (Programa Educativo para Padres) con oficinas en el John Adams Center. Por lo tanto se requiere que los padres participen en el programa, una vez por semana los padres ayudan en el salón durante clases de 9-12 por la mañana. Estamos ubicados en el edificio de la biblioteca, 500 Cortland con las entradas al centro debajo y detrás del edificio. El número de teléfono es 550-4395. Aunque gozamos de una relación bastante positiva con el personal de la biblioteca, nuestro programa es independiente. Tenemos el mismo calendario de operaciones que los colegios, el primer día de clases es

el miércoles 21 de Agosto. Para matricular a su niño/a se puede llamar a la escuela a partir de esa fecha o para más información antes llame al Parent Education Program al 561-1916. Formas que se requieren para matrículas incluyen prueba de la edad del niño, comprobante de ingresos, forma del médico verificando que las vacunas están al día con comentarios de la salud general del niño, y resultados del examen de tuberculosis de los padres. Esto se necesita porque los padres ayudan a preparar el almuerzo.

Los invitamos al "Open House" apertura el miércoles 28 de Agosto de 12-2 de la tarde o llame si gusta para una cita durante el horario de clases. Si necesita una cita para asegurar la continuidad del programa educacional de los niños.

"QUÉ HACER SI...?"

por oficial CPOP Rey P. Ibay

La estricta adhesión a las medidas de prevención del crimen reducirán grandemente su peligro de ser víctima de criminales; pero, por lo general, siempre habrá una excepción. Algunas víctimas del crimen son las más cuidadosas personas. Esperamos que usted no será la excepción, pero QUÉ HACER SI?...

Qué hacer si usted se encuentra con ladrón? El actuar inteligentemente es un DEBER en esta situación. Bajo estas circunstancias su vida está en peligro. El paso más importante es permanecer tranquilo y en calma. PIENSE POR UN MOMENTO! Los criminales generalmente están agitados y pueden ser fácilmente provocados porque la mayoría de ellos están bajo la influencia de drogas, alcohol, o ambos. El ceder o no ceder a estos parásitos será su propia decisión personal. En términos amplios y con ciertas limitaciones, la ley nos permite aplicar cualquier método o la fuerza necesaria para defender nuestra vida. Usted y sólo usted puede hacer la decisión de defenderse a sí mismo o no. El actuar inteligentemente, repito, es un deber. Ninguna de sus posesiones vale más que su vida o las vidas de aquellas personas cerca de usted. Usted debe estar listo a preguntarse si su vida vale más que su dinero y/o su propiedad. En ese mismo momento, usted debe ser capaz de responder y hacer una decisión.

El permanecer tranquilo y calmado durante estos momentos violentos le ayudará a obtener una buena mirada a su asaltante. Descripciones, modismos, semblantes, etc., que usted pueda recordar acerca del ladrón pueden ayudarnos mucho a la policía, con las investigaciones y, es de esperar, con el rápido arresto del culpable.

Con la policía y usted, los miembros de la comunidad de Bernal Heights, laborando junta y diligentemente en combatir a estos criminales, podemos hacer seguro el vecindario.

Por último, es preferible vivir y hablar acerca de su experiencia "vivo", en lugar de que la gente hable acerca de usted "muerto".

Planea una Fiesta?
Boda - Recepción?
Bautismo.
Evento Comunitario?



Celebre su próxima fiesta o evento en el centro del vecindario de Bernal Heights

situado en la Avenida Cortland y calle Andover; usted, su familia y amigos pueden obtener nuestro salón comedor a tarifas tan bajas como \$50 por hora para su próximo evento-o una sala de reunión para su organización por \$5 por hora.

llame a Mauricio Vela al teléfono 648-0330 para más informes y reservación.
Centro Del Vecindario De Bernal Heights - 515 Avenida Cortland, S.F.

La Fundacion De Comunidad De Bernal Heights Gana El Prestigio Premio De Excelencia

Desarrolla La Nueva Organizacion De Vivienda Accesible

Por: Helen Heler Traducción: Carmen Muñoz

La Fundación de Comunidad de Bernal Heights (BHCF) fue uno de los seis grupos sin ganancia de desarrollo de vivienda en todo el país que recibió el prestigioso premio de vivienda Fannie Mae. Su desarrollo de viviendas Coleridge Park Hones para mayores con bajas entradas y personas incapacitadas ganó sobre más de 100 organizaciones de vivienda accesible que aplicaron para la mención.

"Estas menciones reconocen la labor innovativa y vital llevada a cabo por organizaciones urbanas y rurales, basadas en la localidad, a través de todo el país para preservar y rehabilitar las viviendas existentes y para construir nuevas viviendas para beneficio de los americanos con bajas entradas", dijo James A. Johnson, Jefe y Oficial Ejecutivo de FANNIE MAE (Federal National Mortgage Association), una compañía establecida congresionalmente y la mayor inversionista en hipotecas para vivienda.

La semana pasada, el Alcalde Agnos dijo: "Estoy muy orgulloso de la Fundación de Comunidad de Bernal Heights por su anticipada visión al iniciar este desarrollo singular. Es un excelente ejemplo de cooperación positiva pública/privada, y bien merecen su Premio Fannie Mae". Trabajando con los vecinos, BHCF también diseñó un parque comunitario próximo al lugar, que es activamente usado por el vecindario. Las Vivienda de Coleridge Park representan el primer acuerdo de los derechos de aire entre una compañía privada y una organización de vivienda accesible.

En un desarrollo relacionado, Gerald Whitehead, Presidente de la Mesa Directiva de BHCF, anunció de la Corporación de Vivienda de Bernal Heights, una nueva organización sin LUCRO que continuará la labor de vivienda accesible de la Fundación. "Hemos crecido mucho para tener la vivienda como una sub-sección", dijo Whitehead. "Estamos comenzando nuestra más grande ventura de vivienda hasta el momento-Market Heights - y necesitamos enfocar nuestra atención para hacer justicia a los requerimientos de nuestros crecientes esfuerzos de vivienda. Además, los bien aceptados programas de servicio social de la Fundación merecen la completa atención de la Mesa de BHCF".

Diáne Ross, jefe del Comité de Vivienda de la Fundación, notó que la Fundación había tomado un camino similar en las Casas Coleridge Park, que son dirigidas por una corporación independiente de vivienda. "Al crear las Casas Coleridge Park, reconocimos que los complejos del desarrollo de vivienda accesible demandan la atención de un grupo especializado. Seguimos la guía de otros exitosos accesibles sin-ganancia al enfocar solamente en asuntos de vivienda. También con la aprobación de la Junta de Supervisores del Desarrollo de Market Heights y el Acuerdo de Disposición esta semana, y nuestra mención de Fannie Mae, el tiempo es apropiado para establecer esta nueva entidad para llevar a cabo nuestra labor de vivienda adelante."

La Corporación de Vivienda de Bernal Heights (BHHC) le invita a una reunión para la Comunidad sobre
MARKET HEIGHTS
El día Miércoles Agosto 14, 1991, 7:00 p.m.
en el Centro Comunitario, 515 Cortland Ave.
Daremos a conocer sobre: Nuevo diseño arquitectónico, Proceso de la Aplicación, y Estado del Planeamiento
Todos los vecinos son bienvenidos! Habrá cuidado para niños

Market Heights: VIVIENDAS DE BAJO COSTO PARA FAMILIAS

Bernal Heights Community Foundation esta proponiendo un proyecto de vivienda con un valor razonable para familias cerca del Farmer's Market. Si usted cree que califica para una de las unidades y le gustaria tener mayor información, favor llenar esta forma y enviarla por correo a: BHCF, 515 Cortland Avenue, San Francisco, CA 94110. 648-0330.

NOMBRE _____ TELEFONO _____

DIRECCION _____ CIUDAD _____ ZIP _____

Tamaño del Apartamento:
1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____
Numero de Adultos: _____ Numero de Niños: _____

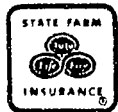
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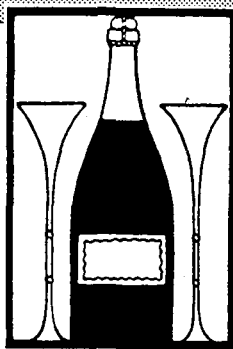
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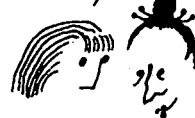
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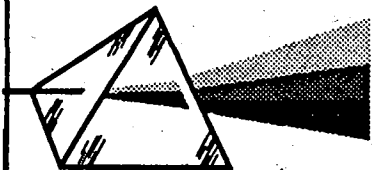
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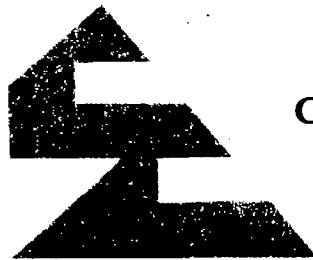


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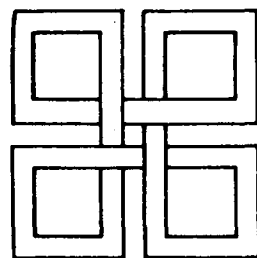
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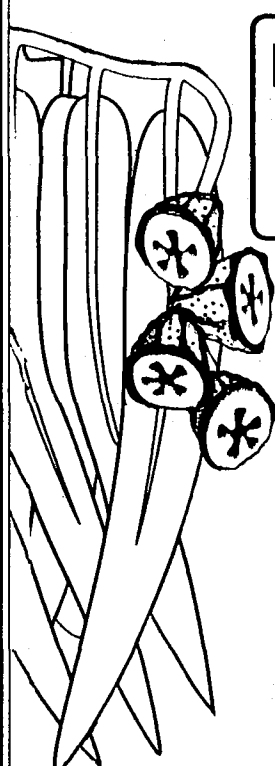
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Environment

Bernal Hilltop Natural History

Valerian, Beautiful But Dangerous

by Barbara M. Plitschel

A vital part of the task of conserving Bernal's native flora involves controlling the spread of weedy species that threaten to crowd out or smother native plant communities. Invasive alien plants generally fall into two basic categories. Those that are best known to most people are the agricultural weeds: annual grasses as wild oats, foxtail barley, and rigput brome, as well as wild radishes, mustards, plantains, filarees, and mallows. Some of these plants were introduced accidentally in animal coats and manure, packing materials, and ships' ballast, or as impurities in soil or seed and also as animal feed.

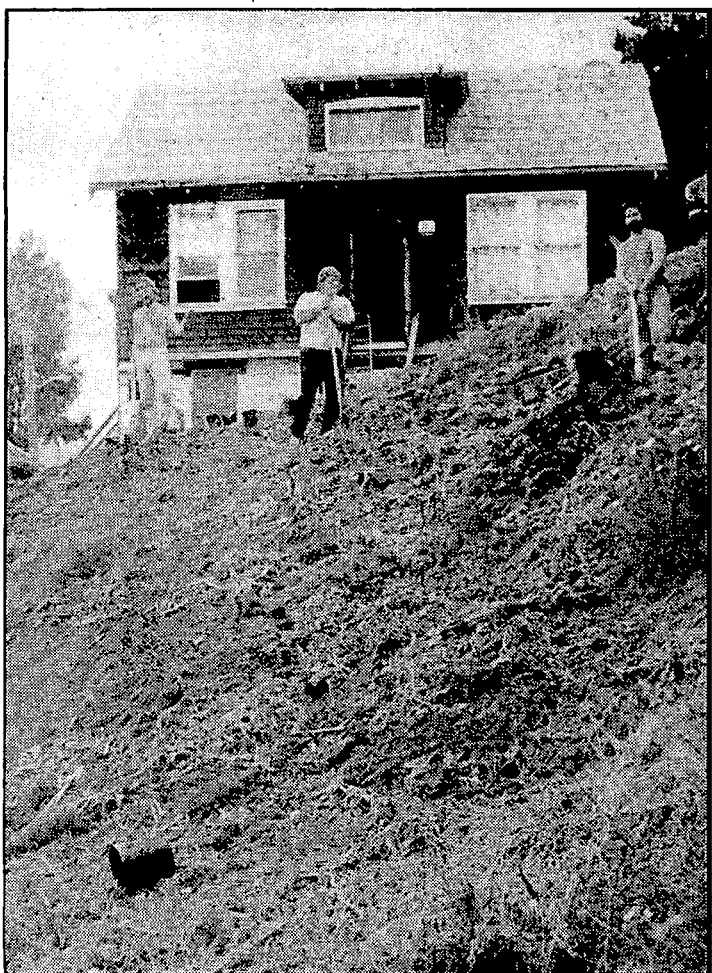
The second category of weeds, which is more subtle, less well-known as a threat, and ever-changing, is the group of plants known collectively as escaped exotics. These are plants which were originally introduced intentionally as garden ornamentals, but which proved so successful here that they didn't stay confined to their garden settings, but instead proliferated into the wild.

The fact that flowers growing among wild plant populations are not native to California does not, per se, mean that they are undesirable. Many non-native species coexist very nicely in harmony with native plant assemblages. It is only when exotic species spread to the point where they threaten the continued existence of

Continued on Page 12



Centranthus ruber



The Birth of the Nevada St. Garden

Volunteers have created the new Nevada St. Garden in the spirit of Chapman Gardens, Esmerelda Gardens, and other newly cultivated open spaces of Bernal Heights public land.

The hillside, located at the intersection of Nevada and Powhattan Streets, was planted with 30 drought-resistant California native plants donated by the City's Department of Urban Forestry. A truckload of mulch, also donated by the City, will prevent erosion and evaporation of water.

Bernal residents Chris Witteman, Lisa Krieger, Tony Cottrell, and Dan Cardoza are donating water and labor. Additional plantings are planned for the fall.

Pictured left to right: Chris Witteman, Tony Cottrell and Dan Cardoza
Photo & Text by Lisa Krieger

Composting: It's Recycling, Naturally!

By Maria Hon

I ran into my neighbor one bright Tuesday morning as we were both putting our blue recycling bins on the curb. After we exchanged our mutual praises for being good citizens, she cheerfully said, "Now that I'm putting all those bottles, cans, and paper in the blue bin, my garbage can is only half way full. She added, "All that's left now are vegetable peels, yard clippings and packaging stuff." I proudly informed her that my household of 4 produces only 1 bag of garbage a week. She squinted her eyes suspiciously, "Oh yeah? You eat out a lot. Right?" I said, "No. We compost!"

Just like myself, a growing number of neighbors in Bernal Heights have discovered (and revived) the joy of composting. In the same way that aluminum cans, tin cans, plastic soda bottles and paper become resources through recycling, so do carrot peels, coffee grinds and yard clippings become a usable soil amendment through composting. Composting is not just for folks with backyards. A simple bucket with a tight lid or an attractive earthworm box can easily fit under a table or placed on a shelf.

Composting is simply Nature's way of recycling organic matter. Composting, to give its dictionary definition, is the biological reduction of organic materials into life-giving nutrients. There's a saying among organic gardeners: Feed the soil and the soil will feed the plants. By composting, we return to the soil all the plant nutrients used to build plant tissue. All you need to do is place compostable wastes such as sawdust, lawn clippings, small twigs and branches and food waste such as leftovers from salad preparations, egg shells, vegetables peels, coffee grounds in a bin, keep them moist, stir them once in a while and within 5 to 50 weeks, you'll get a crumbly, brown, sweet-smelling material that can be used as a soil amendment for your garden and container plants.

By making your own compost, you won't have to spend money for soil fertilizer. Compost increases soil fertility, making your plants healthier. In these times of drought, compost also helps retain soil moisture, lowering your watering needs. And as you become a one-can garbage household, down from a two-can a week, you'll be saving that extra \$3.06 per month. That's \$45.32 a year in garbage savings alone! On top of the savings, is the personal reward of knowing that you have done something to help the environment. A recent waste composition study found that about 33% of San Francisco's residential garbage is made up of kitchen wastes and another 7% of yard wastes. By composting, we are in essence returning these organic materials to Nature instead of spending energy to truck them all the way to the landfill where they will stay in their existing form for years to come. San Francisco's current contract with Altamont Landfill, located in Alameda County, over 60 miles from the City allows the City to dispose a total of 15 million tons of garbage for up to 65 years. Undoubtedly, we run out of this capacity before 65 years. To be exact, if we keep generating garbage at the existing level, we will run out of space by the year 2005. By recycling both inorganic materials (through curbside or recycling centers) and organic matters (through composting), we can help extend the life of our landfill by several more years. Other cities in the country are experiencing the same urgency in solving their garbage crisis. Already, cities in 30 states have banned the dumping of yard waste into landfills.

Find out more about composting from the San Francisco League of Urban Gardeners, better known as SLUG: 468-0110. They sent me a simple home composting brochure and invited me to attend their very informative hands-on basic composting workshops at their Garden for the Environment where various composting bins are displayed.

Do Compost:
"Dry" Matter provides mostly carbon, which aerates the soil and balances nutrients; sawdust, wood ash, shredded prunings, leaves, straw, branches.
Fresh Matter provides mostly nitrogen, which helps to speed up the decay of the materials; grass clippings, food wastes and green yard wastes.

Do Not Compost:
Meat, bones, dairy products, fish, greasy foods, dog and cat feces, unchopped woody wastes, diseased plants

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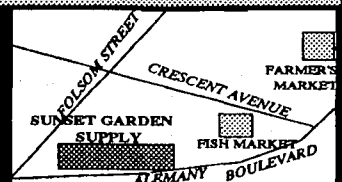
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- TULIPS BI-COLOR: 50¢ each
- KING ALFRED DAFFODIL: 66¢ each
- RANUNCOLUS: 46¢ each
- FREESIA (TECOLOTE SINGLE): 28¢ each
- HYACINTH: 74¢ each



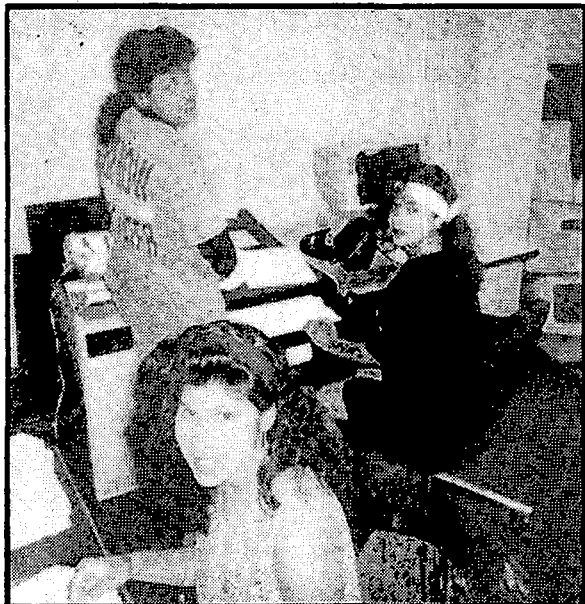
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Youth page

Youth Workers Learn Job Skills and About Community Service



Olga Rivera (top left) and co-worker Maria Morales (right) had fun working together this summer with Youth Employment Assistant Martha Zamora (bottom left).

By Benedin Sosa,
NBJ Youth Assistant

The Bernal Heights Youth Employment Program placed nearly 100 young people in job sites through its Summer Youth Employment Program. Here are some profiles about the youth workers and their experience:

• **Maria Morales, Bernal Youth Employment Program Assistant**, is seventeen years old and attends school at the Fashion Institute of Design and Merchandising. The job skills that she has learned include computer input, answering telephones, and typing letters. The one thing she enjoys about her job is helping all the different people in the community. The difficult thing about her job is motivating the younger kids. She really enjoys the people she works with because they're nice and understanding.

• **Olga Rivera, Bernal Youth Employment Program Assistant**, is fifteen years old and attends school at I.C.A.. She answers the phones, and does a lot of filing. The most difficult thing she faces at her job is not to give up on herself

when she messes up. She really enjoys the people she works with because they build up her confidence and are really nice.

• **Martin Alexander Beltran, NBJ Youth Assistant**, is eighteen years old and attends Phillip Burton Academic Prep. School. He has learned how to use a Macintosh Computer and also how to do advertisement sales for the *New Bernal Journal*. He thinks the people he works with are nice and respectful. He enjoys working with the community and helping the people.

• **Benedin Sosa, NBJ Youth Assistant**, is fifteen years old, and attends San Francisco Christian School. This is his first year in the Youth Employment Program and is just now starting to get in the flow of things. His job with the newspaper includes computer input and advertisement sales. He thinks the people he works with are great, real nice and respectful.

• **Mike Garcia, Activities Youth Assistant** at the Bernal Heights Senior Program (pictured on the front page, right), is seventeen years old and attends school at Woodrow Wilson. He is a guy that always active to help the community. He has been working here at Bernal Heights Center about three to four years. His most difficult experience he's had was the first day because he really didn't know what to do or how to get in the flow of things. He thinks the people he works with are great because



Martin Beltran and Benedin Sosa learned about putting together a neighborhood newspaper as Youth Assistants with the *New Bernal Journal*.

they have the same goals, that is to help the community however they can.

• **Carlos Bonilla, Nutrition Program Youth Assistant** at the Bernal Heights Senior Program (pictured on the front page, left), is eighteen years old and is attending the Adult Learning Center. His work is help senior citizens by preparing meals for their Lunch Program and provide companionship by just talking to them. He thinks the people he works with are real nice, kind and they're very respectful people he can trust.

New Holly Court Recreation Center

Holly Court was a place with a lot of problems. The biggest problems were the drugs, violence, and graffiti. But the people were not going to stand back and watch this happen to their home. The first step the people took to improve Holly Court was to hire under cover police men, whose job was to catch the bad people in action. But once their jobs were done, the people still felt Holly Court was not the way it should be. They then decided to get painter to paint off the graffiti and also go together to plant flowers all over the neighborhood. After all this hard work was done they wanted to make a Recreation Center for the kids in order for them to play fun games and be supervised at the same time. This



Photo by Mauricio Vela

The children on a field trip enjoying a Giant's game at Candlestick Park.

Center is located on one hundred Appleton. This Center took the worry out of some parents because their children had fun and someone was looking after them. The Recreation Center turned out to be a success, offering a pool table, a lot of board games, and puzzles. One of the regular kids, Greg, says, "I really like the pool table, I love all the competition." The field trips every Wednesday are totally safe with adult supervision. Sophia attends the trips often and says, "I really like the field trips, because I have a lot of fun with my friends." The kids also enjoy free lunch every Tuesday and Thursday when they visit the Bernal Playground. All this was made possible because of the caring people and a guy named Mauricio Vela. Mauricio Vela is a good guy, he is very understanding when a kid has a problem. If there's a problem at the center they cant handle, he always gets there very fast. He is very responsible and takes his work seriously. It's rare that a problem occurs at the center because of a very good boss whose name is Cynthia Paton. Cynthia Paton is a caring person that really looks out after the kids as if they were her own. She is very responsible and is very hard working. All the kids like her because of her attitude. Amin shares this common enjoyment about the rec center by commenting, "I just like to come to the center to draw and talk to my friends." The Holly Court Recreation Center is the beggining of something good.

- By Benedin Sosa

Benedin is a youth assistant at the Recreation Center and also a resident of Holly Court.

Simple Tips for Curbside Recycling

• Put Paper in Paper bags or tied with strings

Paper left loosely in the blue bin gets blown off by the wind, leaving us with dirty streets. Paper bags are readily recyclable, and can be easily emptied to recycle the paper inside.

• Don't use plastic bags for anything

Well meaning curbside recyclers often put their paper in plastic bags and tie the handles securely. However plastic bags are not readily recyclable and really slow down the processing of the paper products. Workers have to manually untie the knots to let loose the paper contained in the bag.

• Prevent Theft: place bin and bags at the curb on the morning of your pick-up day by 7:00 A.M.

Theft takes away revenues that are used to offset the costs of the curbside recycling program. They also leave our streets strewn with litter.

• A Reminder:

These materials are acceptable in your blue bins:

Any food and beverage container: they could be glass or metal. Only kind of plastic that is acceptable is the plastic soda bottles with California redemption value. No milk or juice jugs. These paper products are acceptable, in paper bags or tied up with string:

Glossy magazines, newspapers, junk mail, office paper, writing paper of all color, broken down cereal boxes. Exceptions are: wax or plastic coated paper such as juice and milk cartons and used sanitary paper. During the recycling process, wax and plastic bind the paper fibers and make them inseparable, rendering it unrecyclable.

San Francisco's recycling program is one of the most successful and extensive programs in the country. We were voted the "Best Recycling City in the U.S." in late 1990. Let's keep up the good work. By following these tips, we will help fine-tune our programs so that it continues to be a cost effective, clean program that we can all be proud of. If you have any comments and/or suggestions, feel free to call Maria Hon, public outreach coordinator of the recycling program at 554-3409 or call the Recycling Hotline at 554-6193 for a list or free information on recycling, composting and waste reduction.

DON'T LET THE WIND BLOW YOUR RECYCLABLE PAPER AWAY!

Put paper in paper bags or tie it with string.

Help keep our streets clean while you recycle!



Senior page

Discovering the Needs Elders in Bernal

By Julie Mills, MSW

The Bernal Elder Support Team coalition is busily working to change the way services are provided to seniors who need assistance in Bernal Heights. The coalition has been meeting monthly to assess the needs of homebound, vulnerable elders and plan ways that will improve the quality of these seniors lives. In the past few months, the coalition talked with 83 seniors who need assistance in Bernal Heights. We enjoyed getting to know all the elders we talked with and learned that there is a wide range of needs. The following gives you an idea of whom we talked to and what we learned.

Of the people we interviewed, seventy-seven percent were women. The age range was 60 to 95, with the average age being 76. The ethnic groups were diverse and represented the ethnic mix in the neighborhood.

Isolation was common among the respondents with 47 percent living alone and 28 percent having no living children. Fifty-five percent reported feeling lonely and 54 percent stated at times they are depressed. Forty-three percent stated they have concerns about money. Forty percent reported they did not have a working smoke alarm in their home. Fifty-five percent of the people reported using one or fewer methods of transportation.

Health issues were also important to the respondents. Sixty-five percent rated their health as fair or poor with only seven percent rating it as excellent. Twenty-one percent said that they need more medical care than they are currently receiving. Arthritis, poor circulation, cataracts, heart conditions, and depression were the most common health problems. Eighty-five percent of those surveyed reported taking prescription drugs. Respondents expressed a great need for help with housekeeping, home health care, and transportation. If you are one of the people we talked with, we thank you for your participation. We hope to be providing you with some assistance with your needs starting the first of next

year.

The coalition has been planning ways to meet the needs identified. If you would like to help plan the solutions and make sure that your ideas are heard, come to our coalition meetings. Our next two meetings will be on August 8 and September 5. These are Thursdays from 3:00-5:00 p.m. at the Bernal Heights Neighborhood Center at 515 Cortland Ave. An evening meeting is also being planned for people who can't make it to the afternoon meetings. Call Julie Mills at 206-2146 if you want to attend the meetings, need a ride to the meeting, or have any further questions.

Our assistant coalition coordinator, Ruth Morales, has resigned to taken a new job at Gay and Lesbian Outreach to Elders. We are very pleased to welcome a new staff member, Carmen Mendieta.

A native San Franciscan,



Carmen Mendieta

Carmen has worked with elders in San Francisco for over 12 years. She has been involved in an outreach project in the Tenderloin and South of Market called Planning for Elders in the Central City. This project is a sister project of Bernal Elders Support Team with the same goal of supporting the independence and quality of life of elders in the community.

Carmen looks forward to bringing to life the vision of an intergenerational community working together to build a healthier neighborhood. She believes that the commitment, energy, and creativity of this coalition will pioneer a program that truly enhances independent living.

We're Going Places!



Photo by Stella Louisa

Members of the Bernal Heights Senior Program exploring the exotic shops and sites of Chinatown.

San Francisco is a city that loves folks sixty and over. Almost every attraction, museum or event in the City offers very discounted or free admissions. Seniors at the Bernal Heights Senior Program take advantage of these special discounts and more! They have found some incredible bargains in the City from 10¢ roundtrip ferry rides to Sausalito to free international concerts in Golden Gate Park and complimentary admissions to art exhibits in major museums. Join them for a day on the town!

Senior Activities for August

• **Van Outing: Mayoral Candidates Forum, Thursday, August 8th, 9:30 a.m. - 12:00 p.m.** Candidates will explain their positions on key issues that affect senior citizens in the city. *Free.*

• **Multicultural Night, Sunday, August 11th, 6:00 - 10:00 p.m.** Enjoy samplings of foods from around the world at this delicious community dinner. *\$5:Seniors/*

children, \$8:Adults.

• **Van Outing: Pacific Arts & Crafts Fair, Friday, August 9th, 12:45 - 4:30.** If your hobby is arts & crafts, you won't want to miss this trip! We'll browse, admire, shop for gifts and get inspired for our own projects!

• **Birthday Party & Dance, Monday, August 26th, 10:00 a.m. -**

2:00 p.m. Enjoy live music, dancing and good company as we celebrate the August birthdays. A Cider Stew luncheon is offered for only a \$1.25 donation. Gift table raffle. Birthday cake for all! *Free.*

To sign up for van outings or for a complete August Activity Schedule, call the Bernal Heights Senior Program at 206-2142 or drop by their center at 515 Cortland Avenue (across from the library).

Who Decides if You Can Not?

Durable Powers of Attorney and Conservatorship

Who would you want to make medical decisions for you if you are no longer able to? Someone you voluntarily choose or someone that a court will appoint?

Durable powers of attorney for health care decisions and durable powers of attorney for financial decisions are relatively inexpensive legal documents which give the power to an agent, who you choose, to make decisions for you when you can no longer do so for yourself.

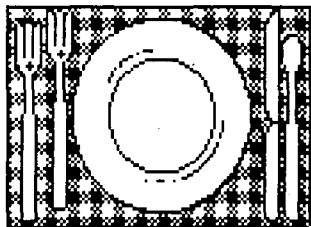
By planning ahead, you can

avoid the expensive alternative of conservatorship. If a court determines that you are no longer able to take care of your own affairs, they will appoint an agent. In addition to often being very expensive, this process is also very time consuming.

You are invited to attend a talk which will help you to better understand these legal tools that can help you make informed decisions about the choices which may someday profoundly affect your life and property. The talk will be led by Attorney Christine del Sherpa, a Bernal resident, who specializes in "Elder Law." *Wed., Aug. 14th at 12:40pm, Bernal Heights Senior Program, 515 Cortland Ave.*

Hooray for Evan Gerling!

A broker associate of Hartford Properties, Evan Gerling, made a pledge of donating 5% of his commissions to community services in his neighborhood. The Bernal Heights Senior Program received \$175.00 for its senior citizen services. "As a resident of Bernal Heights, I would like to express my appreciation to your program and all that it does for our seniors on the Heights," Mr. Gerling explained, "I hope this contribution is used to bring more happiness to members of your group."



Senior Lunch Program

A delicious lunch awaits you Monday thru Friday at the Bernal Heights Senior Program. Seniors 60 years and over can enjoy these nutritious lunches for only a \$1.25 donation. Served daily, 12:00 noon at the Neighborhood Center, 515 Cortland Avenue. For more info call 206-2142.

Week of August 5th - 9th

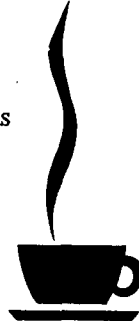
Monday, 8/5
Salisbury Steak
Tuesday, 8/6
Salvadorean Turkey Sandwich
Wednesday, 8/7
Pepper Steak & Gravy
Thursday, 8/8
Chicken & Rice Valenciana
Friday, 8/9
Baked Fish Franciscan

Week of August 12th - 16th

Monday, 8/12
Roast Turkey with Gravy
Tuesday, 8/13
Teriyaki Chicken
Wednesday, 8/14
Sunset Fish Fillet
Thursday, 8/15
Sunset Fish Fillet
Friday, 8/16
Spinach Cheese Casserole

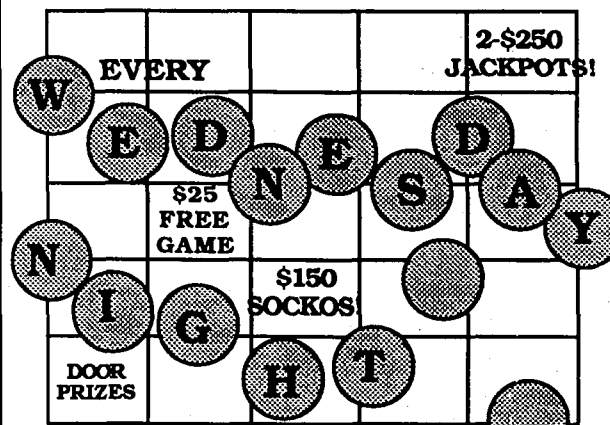
Week of August 19th - 23th

Monday, 8/12
Roast Beef Au Jus
Tuesday, 8/13
Braised Liver & Onions
Wednesday, 8/14
Beef & Broccoli
Thursday, 8/15
Hamburger on a Bun
Friday, 8/16
Breaded Fish Fillet



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DOORS OPEN 6pm • 1ST GAME 7:30pm
\$100 - 10 games - Good Neighbors
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Amir Window Washing Company. Free estimate. Inside, outside, homes, shops, all glass. Neat and reliable. 826-8958 ask for Amir.

Plumbers, carpenters, painters, gardeners and laborers are available for hire at the Day Laborer Program. There is no fee to hire someone through this program. 554-1377.

INSTRUCTION

Piano Lessons. Piano teacher in Bernal Heights accepting students of any age and any level. Graduate of Julliard. Doctoral Candidate. Patient. Good with children. Call Robert, 641-7088.

CHILDCARE

Childcare Needed. Seeking full-time childcare provider for sharecare of 6-month old boy and 3-month old girl starting August 26th in our Bernal Heights homes. Contact Crystal at 821-5731 or Julia at 285-9937 before August 14th.

PROFESSIONAL SERVICES

The Travelling Mechanic: Tune-ups, brakes, general repairs, foreign and domestic. 15 years experience. All work guaranteed. House calls. \$40 per hour. Licensed and certified. Georgio. 864-5747.

Professional Photography at reasonable prices! Social, industrial, editorial. Film Processing, fine printing, matting & framing. McNamara Photography, 824-4392.

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Does Rover need Training? Exercise? A ride to the vet? Want to be sure Fluffy is content while you're away? Positively Pets can help! Training, problem solving, pet sitting, geriatric care, exercise, transportation. For all pets. 10 years experience. References available. Senior discounts. 647-2463.

REAL ESTATE FOR SALE/RENTALS

Tahoe Getaway! - Sun/Fun. Beautiful Tahoe home in prestigious Incline Village. Tennis, golf, hiking, South Shore Casinos and private beaches/swimming pool. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, livingroom with fireplace, 2 decks, garage, all appliances & laundry. Call for special summer rates. 282-7955.

Real Estate Service Provided by a Bernal Heights Resident who cares about the Community! 5% of my commission from your purchase or sale of Bernal Heights Property will be donated to the Bernal Community Organization of your choice! Call Evan Gerling, Hartford Properties, 863-7500, ext. 113, for more information.

CLASSIFIED ADS: ONLY 20c per word!

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TOTAL ENCLOSED

20 word minimum. Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a \$2.00 handling fee with your payment. If we misprint your classified ad and the error effects the value or content of your ad, we will repeat a corrected version in our next issue. PLEASE PRINT CLEARLY!

NAME: _____

ADDRESS: _____

DAY PHONE: _____

Send this form along with complete payment to the:
New Bernal Journal
515 Cortland Avenue, SF, CA 94110



The Fourth Trimester

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*You deserve to be joyful, rested
and self-confident parents*

Gift certificates & shower registry

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Bernal Hilltop...

Cont'd from page 10

the natives by crowding them out of their habitat niches that they become problematic.

Such has been the case with "red valerian" or "Jupiter's beard",— *Centranthus ruber* (also known as *Kentranthus ruber*). This species, originally native to Mediterranean Europe, has large heads of deep crimson to rose colored flowers. Occasionally seen white-flowered forms are sometimes regarded as a separate variety, *albus*. The inflorescences bear a superficial resemblance to lilac flower heads, but the plant is a not a tree or a shrub. It is a herbaceous perennial, woody only at the base of its stout stem. Its perennial habit combines with an advantage normally restricted to annuals, prolific self-seeding, which is aided in this species by the presence of small dandelion-like parachutes on the seeds. This adaptation is a powerful tool for a species that can bloom throughout most of the year.

If you would like to become better acquainted with hilltop ecology, please join us at work parties a 11 a.m. on the third Sunday of each month. For further information call me at 282-5066.

Free Newspaper Tax

Continued from page 1

percent tax on printing production costs will cost these free neighborhood papers hundreds and even thousands of dollars more every year. The new tax is discriminatory. Large daily papers will simply pass the tax onto their readers by increasing their sales prices. Because free newspapers can not similarly pass this tax on, they will by comparison pay five times more tax than the big dailies. The *New Bernal Journal*, will have to raise advertising rates. This will be difficult, as the *NBJ* has a commitment of offering low ad rates in order to help our community's small, independent and "Mom and Pop" type of businesses.

It's easy to understand the taxing of nonessential needs for healthy body and minds, such as junk food. It's harder to understand why something as important as thoughts and information are now considered taxable as if they were simply Twinkies. "Democracy is rooted in the concept of a 'free marketplace of ideas'

and an open, vigorous exchange of information," stated Supervisor Kevin Shelley in a recent resolution that calls for the repeal of the unfair tax.

The *New Bernal Journal* stood with dozens of other free newspaper editors and publishers on the steps of the State Building in late July to protest the discriminatory new sales tax. Assemblyman John Burton, Senator Milton Marks and Speaker Willie Brown also stood with the free newspapers and introduced legislation to rescind the imposed sales tax. Speaker Brown offered his wry reasoning as to why the tax was imposed, "I know why we did it. Politicians have a dedicated hatred for the free press."

Another rally is scheduled for **Thursday, August 8th at 9:30 a.m.** in the Marina District in front of the lighthouse off of Marina Boulevard (the last right-hand turn going westbound before entering the Presidio Army Post's Crissy Field). State and city leaders are expected to show up in support of our local free publications. Residents of Bernal Heights are strongly encouraged to attend and show support for their community newspaper.

mineral supplement is always beneficial.

Elimination of coffee and refined sugar will reduce the high and low swings of the body. Processed food also takes the body longer to digest and eliminate thru the system. Stimulating herbs such as Kola nut and Ephedra only use up the bodies energy stores and deplete the body even more in the long run.

Changes in your lifestyle coupled with the right herbs, vitamins and minerals will help reduce your stress and give you long lasting energy and vitality.

Jeanette Conley RN, BSN owns the Emerald Edge at 513 Cortland Ave. 647-6556.

Health Focus

Got No PEP!

By Jeanette Conley, RN

People complain about low energy almost every day. Fatigue sets in for different people at different times. Stress, sleep habits, coffee rituals, work schedules, sugar and cigarettes all play into a person's energy levels. Eliminating certain foods and adjusting your lifestyle will increase the energy levels. Herbs and vitamins have been very effective in bring up the energy levels

For men, the main herb is *Siberian Ginseng*. This herb assists the

adrenal and thyroid glands. The ginseng is a plant hormone that is similar to testosterone, a male hormone. The replenishing of these hormones increases one's energy levels.

Women's main herb is *Dong Quai* or *Angelica sinensis*. It is also similar to female hormones and is supportive of the adrenals. This herb has a relaxing component as well as a immune stimulant.

Vitamins that are helpful are B-complex, pantothenic acid and B-12. A good food-form multiple and

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Money Matters

by Jeffrey Bachman

BANKING IN BERNAL

The Bank of America Bernal Branch on Cortland Avenue has made three important steps forward since we last went to press; a full-fledged branch manager is now on site, an outside ATM is moving through The City and County planning maze, and a low income home mortgage product has become available.

Greg Ko, the new manager, has gained experience in all aspects of retail banking and operations during his four plus years with The Bank. Having gone without a full time manager for over a year, any presence would have been appreciated. Getting someone as knowledgeable and committed to service as Greg has shown himself is a real step up. Also promoted was Naiyry Sarkiss to branch op manager. In addition to her banking skills, she is reputed to be a highly skilled concert pianist.

The chief advantage of the outside ATM is the increased accessibility to bank services after hours and weekends. While night time security is a big question, Saturday services are in great demand. After the last article that appeared in the *NBJ*, the B of A Corporate approved plans for the outside Versateller. The plans will probably be another three weeks before the Planning Commission, but nobody sees any reason to expect denial. Stay tuned for further developments.

Most exciting is the "Neighborhood Advantage" loan program. Greg can explain the program to you in more detail than we can here but the highlights are:

- down payment required is only 5%
- Debt to income ratio can be as high as @45%
- must be owner occupied (NO SPECULATORS)
- \$200,000 ceiling on loan

It's good to know that The Bank has been responsive to our requests. If you'll keep the *NBJ* informed of your experiences at the branch or specific requests, we'll be happy to pass 'em on. I know I have one about interest rates on deposits!!!

Award...

-Continued from page 3

Gerald Whitehead, President of the BHCF Board, announced the formation of the Bernal Heights Housing Corporation, a new non-profit organization that will continue the Foundation's affordable housing work. "We've grown too large to have housing as a subsection," noted Whitehead, "We're embarking on our largest housing venture yet - Market Heights - and need to focus our attention to do justice to the requirements of our growing housing efforts. In addition, the Foundation's well regarded social service programs deserve the full attention of the BHCF Board."

Diane Ross, chair of the Foundation's Housing Committee, noted that the Foundation had taken a similar approach on Coleridge Park Homes, which is run by an independent housing corporation. "We recognized, in creating Coleridge Park Homes, that the complexities of affordable housing development demand the attention of a specialized group. We are following the lead of the other successful affordable non-profits in focusing solely on housing issues. Also, with the Board of Supervisor's approval of the Market Heights Development and Disposition Agreement this spring and our Fannie Mae Award, the time is ripe to establish this new entity to carry our housing work forward."

Bernal Heights Neighborhood Business Directory



Save this directory for your shopping convenience!

BANKS/SHOPS

Art Mount, Posters & Framing, 430-A Cortland: 647-7722
Home Federal of San Francisco, 3334 Mission: 826-6166
Las Road Runners, 511 Cortland: 641-0402
Rustica, Furniture & Gifts, 737 Cortland: 641-9395

COMPUTERS/VIDEO

Four Star Videos, 402 Cortland: 641-5380
Noe Valley Computers, 100 Clipper St.: 282-3000

REALTORS/INSURANCE

Randall Kostick, Zephyr Realtor, 648-8873
Margret Maker, Coldwell Banker Realtor: 563-4111
Larry De Vischer, State Farm Insurance, 3579 Mission: 285-2021

HOME MAINTENANCE/REPAIR

Peter Waring, Plumbing, 49 Bache: 550-6622
Dan B. Underhill, Plumbing: 206-1412
Craig Cummings, Kitchen & Baths: 315 Park: 641-1355

HEALTH CARE/PHARMACY

Glenn S. Belen, Dentist, 3208 Mission: 641-8900
The Emerald Edge, 513 Cortland: 550-0449
Arrow Pharmacy, 439 Cortland: 648-5618
The Fourth Trimester, Postpartum Care: 821-7068
Kenneth McGough, Massage Practitioner: 285-5201

PETS

Health Paws, Pet Food & Products 3274 Mission St.: 285-0209

GARDEN

Sunset Garden Supply, 320 Alemany Blvd.: 648-4242

PROFESSIONAL & COMMUNITY SERVICES

Bernal Taxperts, Bookkeeper, 501 Cortland: 641-4922
Community Boards, Conflict Resolution, 161 Leland: 239-6100
SF City Recycling Program: 554-2400

AUTO

San Francisco Auto Repair Center, 611 Florida St.: 285-8588
Auto Motion, 185 Bayshore: 550-2400

SUPER MARKETS

JC Super, 820 Cortland: 648-4656
Good Life Grocery, 448 Cortland: 648-3221

CLUBS & BARS/ENTERTAINMENT

Skip's Tavern, 453 Cortland Ave.: 282-3456
Wild Side West, 424 Cortland Ave.: 647-3099
St. Kevin's BINGO, Ellsworth at Cortland: 648-5751
St. Anthony's Fall Festival, Folsom at Army: 647-2704

RESTAURANTS

Kitty's Restaurant, American Food, 3322 Mission: 282-4775
Cafe Cozzolino, Italian Cuisine, 300 Precita: 285-6005
Pizza Express, 919 Cortland Ave.: 282-2333

This directory is listed as a courtesy to our advertisers.

To have your business listed, call the New Bernal Journal at 648-0330.

Astro-Rap

by Jessica Murray

The great eclipse of July 11, 1991 is not over. When the moon exactly overlapped the sun in the sky last month, we all began a new phase in the dismantling of the Age of Pisces (the Old Age). Although the breakdown of our old cultural structures has been going on for several years now, what that we all suddenly shifted intensified.

Hopi tradition calls *The Days of Purification*. Early describe a series of *End Time*. Astrologers have years that these last few Aquarius formally begins much worldwide unrest, as cultural beliefs dissolve in new world era.

The eclipse inaugurated this period, so that we are going to be more and more focused in it. As a race, up our karmic housecleaning of us will be required to pay more attention to those particular issues symbolized by the part of our chart fingered by the exact eclipse degree, 19 Cancer. For instance, if your moon corresponds to this point, you will be required to re-examine your domestic needs with a vengeance from now on. If the point fell near your Midheaven, it would be your career that will be the source of your End Time contribution, and so on.

This will be the biggest eclipse of a lifetime for most of us. Placed on the backdrop of our individual charts, it shows what role each of us will play in the coming transition of World Ages.

For astrological classes and consultation, call Jessica Murray at 626-7795.



this period we are now in Mayan prophecies simidecades we might term known for thousands of years before the Age of would be the scene of institutions, and obsolete preparation for a whole

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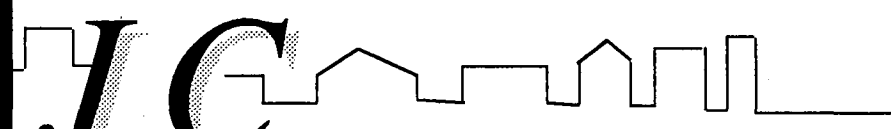


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